



**The boys
are back**
Trailer Park boys
have the audience
in stitches.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**MMA
a hit**
Basic training
offered
on campus.
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MONDAY, NOVEMBER 1, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR — NO. 22

United Way needs more donors

By PAUL IRVINE

The Conestoga college United Way donation drive is 75 per cent of the way to its \$50,000 goal, but new donors are still needed to make that final push.

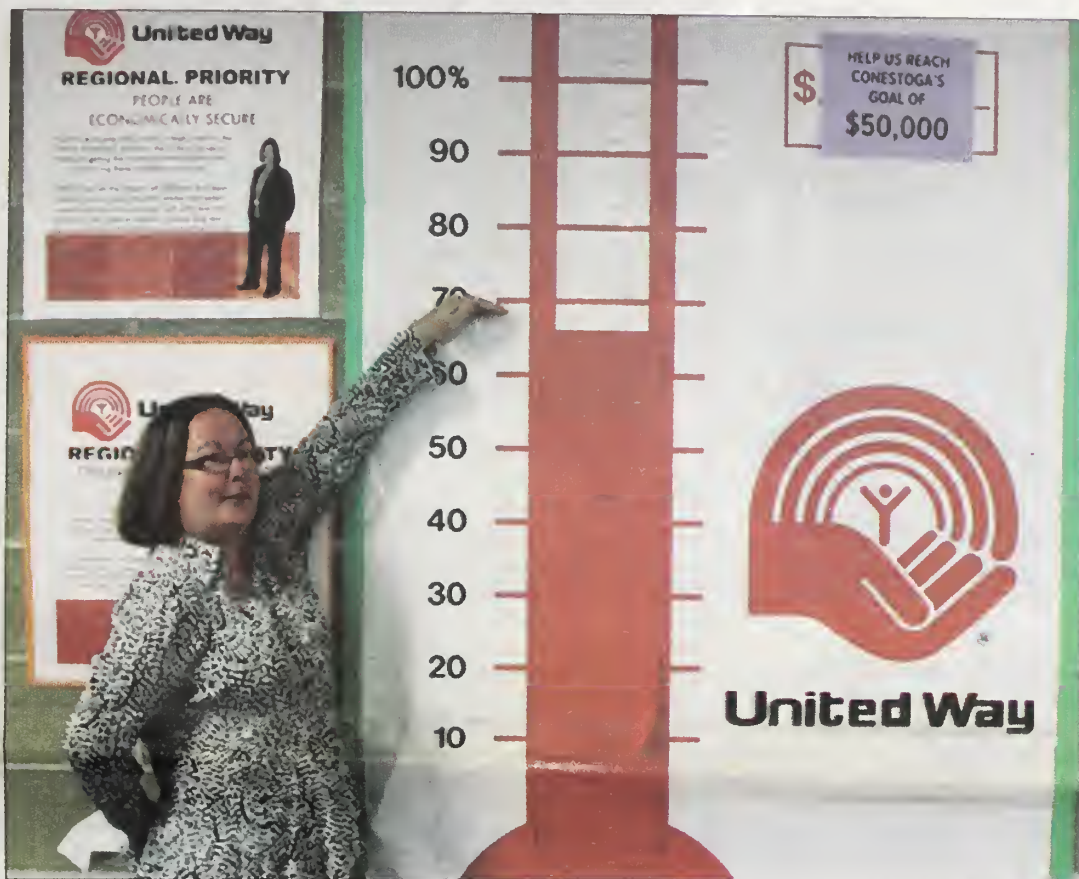
The campaign has raised over \$37,000, thanks to Conestoga college employees and students, according to Stephanie Bartlett, the head of the campaign and executive assistant in human resources.

Of that amount, over 70 per cent came from full-time employees, with just under 21 per cent of full-time employees having donated. The rest has come from donations made by students and the efforts of the Student Life committee.

"We will continue to receive pledges into November. We are holding a pledge draw on Nov. 1," said Bartlett.

"Even though student donations are coming in, and they are helpful and appreciated, they will not be enough to put us to our \$50,000 goal. More donations are needed," said Bartlett. "The student campaign functions mainly as an informational and engagement tool."

"Many students aren't familiar with what the United Way actually does,"



Stephanie Bartlett, head of the Conestoga College United Way campaign, shows where the college was on its goal thermometer as of Oct. 22.

she added.

Prizes for the draw have been donated by various Conestoga College partners. Business Interiors by Staples has donated an office chair

and the School of Business and Hospitality donated a hockey-themed package including tickets to a Guelph Storm game, a dinner at Sleeman's centre, plus dinner

for four at bloom.

"I believe there is also a six-pack of beer in there," joked Bartlett.

She said a 26-inch LCD TV was up for grabs as well,

donated by MDG Computers Canada.

Oct. 25 saw the start of the Bingo for Baskets campaign. Prizes are baskets donated by different departments in the college such as the International English Language Testing Services, Student Services and the Registrar's office.

Prizes include baskets of various spa products, Lindor chocolates and wine donated by media services, including pottery mugs. The bingo cards were donated by Cambridge Bingo Hall.

Last year, the Student Life portion of the college United Way campaign brought in just over \$3,300.

Events coming up this week include a fundraiser by the Conestoga Gamers Club today, a human ring toss on Nov. 2 and the You are the Way events on Nov. 3, which includes a fluffy bunny competition where students will compete to see who can stuff the most marshmallows in their mouths. Nov. 4 brings the Hamsters for Humanity campaign, and on Nov. 5 there will be a Jersey Shore theme day.

"I find the student events convince more faculty to bring in their pledge cards," said Ryan Connell, head of the Student Life portion of the United Way campaign.

PHOTO BY PAUL IRVINE

Voice what's irking you at Nov. 10 meeting

By AMANDA BAINES

Conestoga Students Inc. president Sheena Sonser believes students should head en masse to an upcoming student focus group being held by the Region of Waterloo.

"Even if it is a small voice, it can still be heard," she said.

There will be three sessions, all on Nov. 10, with one being held on campus in the Sanctuary from 5 to 7 p.m.

The other sessions will be at the University of Waterloo and Wilfrid Laurier University.

Although miscommunication between CSI and the region resulted in the event originally being booked at a venue off campus, it was moved back to Doon at the urging of faculty.

The focus group is part of the region's Strategic Plan 2011-2014. In order to set priorities, staff are gathering public input from November to February. At the Nov. 10 focus group, they want to hear from post-secondary students.

Lorie Fioze, the manager of strategic planning at the chief administrator's office, said they are craving citizen input.

"We want to set up focus groups to find out what would keep young minds in the area, rather than heading out into the great beyond," said Fioze. "We want to hear from the students in the cities. What's irking our students?"

She said they are gathering public input through various processes, including citizen

and telephone surveys, and will then set priorities based on the input.

The regional chair and councillors, who were elected Oct. 25, will be presented with the input in February.

Some of the questions the region would like answered are what do you like about living in Waterloo Region, what needs to be changed and what do you think about the services?

Fioze and Sonser encourage students to attend the forum. "We need to have a presence," said Sonser. "It's the only way we will be taken seriously."

"We want to hear the students' voices," Fioze said. She said the region has many plans to better the area,

including transit, a much-criticized service in the community.

"We have plans for light rail, like the system in Oregon," Fioze said. "We'd also like to add a lane only for buses, to speed up travel between the cities."

The light rail would run from Conestoga Mall to Fairview Mall, and the added bus lane would run from Fairview to Cambridge Centre.

Fioze said there are no plans to extend bus service to residential areas, something that would benefit students, but she urged students to voice this if it is a concern. She added she was confident that students will have their voices heard.

"As long as they're there, and

ready to tell us what to improve, we'll listen," she said.

Sonsner agreed.

"I just really hope that our students understand what this is about," she said. "For their voices to be heard, sometimes their faces need to be seen."

Fioze said students must pre-register because she's hoping to keep the group to around 30 people. However, she will consider increasing that number if there is a lot of interest.

RSVPs must be received by Nov. 3, and can be sent online by going to www.zoomerang.com/Survey/WEB22B9ZGPFSSVR

An online survey will be available for those who cannot attend, at region.waterloo.on.ca.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If money is no object, what is your ideal vacation and why?



"Australia — to meet the kangaroos and go surfing."

Lindsay Wood,
second-year
advertising

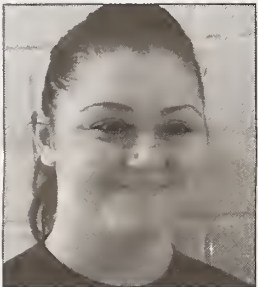
"Egypt, because of all the history there."

Cassie Clement,
second-year
recreation and leisure



"Bermuda, because of the beautiful water. It's just somewhere I've always wanted to go."

Alyssa Klug,
second-year
recreation and leisure



"Peru! Machu Picchu. That's one of the specific places I have to go to someday."

Cam Yake,
first-year
police foundations



"Japan, because I loved it there."

Serah Sahadeo,
first-year
design and communications
fundamentals



"Australia, because it's always sunny, and it's far from every other country."

Ahmad Alizadah,
second-year
information technology
support services



Smile Conestoga, you could be our next respondent!

A FUNDRAISING BOOK FAIR



PHOTO BY ASHLEY IDLE

Jillian Grant, administration support for child, youth and community development, watches over the Scholastic book fair held Oct. 18-20 at the Early Childhood Education Centre. Proceeds from the book fair will support the Conestoga College childcare centre and the professional resource centre.

The Royal is a fair like no other

By SARA BUSSE

Once a year, the country comes to the big city. This year from Nov. 5 to Nov. 14 at Exhibition Place in Toronto, people of all ages can enjoy the thrill and excitement of horse shows, farm animals and agricultural wonder at The Royal Agricultural Winter Fair.

This year's can't-miss events include Woof and Hoof, a combined sport where horses compete against dogs to see which has the speed and precision to complete an agility course the fastest, see celebrity chefs such as Duff Goldman as he builds one of

this out-of-this-world cakes and watch David Adjei and Anthony Mair in a pastry competition. The newest sport to be added to the Royal is Horse Hockey, where some of hockey's greatest, such as Darryl Sittler, Brad Marsh, Mark Napier and Rick Vaive, play the nation's sport ... on horseback.

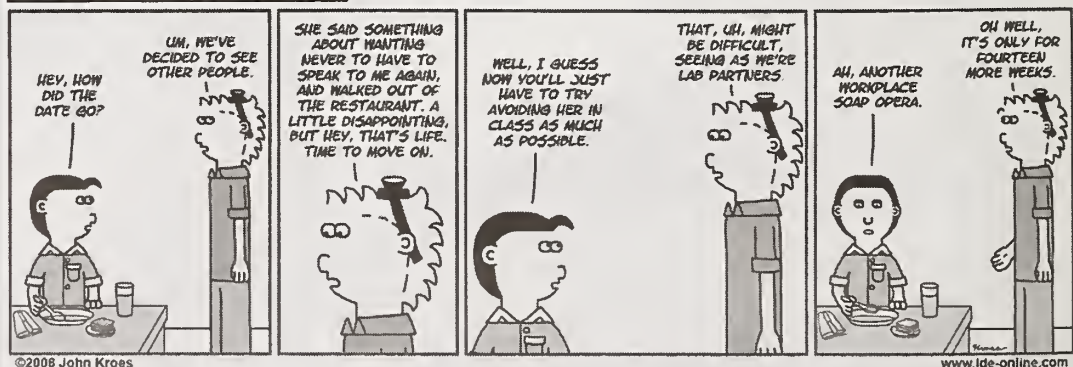
According to the official Facebook page of The Royal Agricultural Winter Fair, the opening weekend will be "ridiculously good," with Duff Goldman from Ace of Cakes opening the fair, All that Jazz dressage and indoor eventing.

Operating since 1922, the Royal has become the largest

indoor agricultural and international equestrian competition. More than 340,000 visitors come to Toronto annually to see elite Canadian and international breeders, growers and exhibitors, shows, activities, shopping and, of course, The Royal Horse Show. Where else can you see amazing butter sculptures, giant vegetables, award-winning goats and pigs and talented chefs all under one roof?

General admission is \$18; tickets for the horse show starts at \$36. The evening shows start at 6:45 every night. For more information go to www.royalfair.org.

LAST-DITCH EFFORT



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National UNICEF Day supports child survival

By **MARCUS MATTHEW**

Halloween is the Holy Grail of holidays for many anxious children. Sunday night was the ultimate jackpot for stomach aches, cavities and, of course, a night full of scary fun.

However, come the last day of October, Halloween isn't the only thing of significance. In 2000 the Canadian government declared Oct. 31 National UNICEF Day.

UNICEF Canada, established in 1955, is a charitable organization consisting of volunteers dedicated to helping children survive around the world.

Susan Larkin, director of community engagement with UNICEF Canada, recently got back from a trip to Malawi where she had the privilege of seeing projects in progress. She also got to see the impact first-hand.

"What stands out for me is the breadth of impact. We are supporting local sustainable

projects while providing technical expertise to all levels of government, allowing us to advance children's rights by influencing those who set policies and laws. And we are doing this in virtually every country around the world," said Larkin.

The United Nations first created UNICEF on Dec. 11, 1946, in an attempt to assist the children in post-war Europe and China. After tremendous success and support, the organization expanded in 1950. Their new initiative was to help the long-term needs of both children and women worldwide.

This new initiative has been nothing short of a success. According to Larkin, the charity raised approximately \$1.5 million last year from schools across Canada, community events along with some corporate support. The donations are continuously being put to good use.

"The funds raised throughout the month of October

leading up to National UNICEF Day will support child survival," said Larkin. "Twenty-two thousand children die every day of preventable causes such as lack of clean water, malnutrition and lack of immunization."



Many children remember their first charitable experience collecting donations door to door on Halloween. According to UNICEF Canada, this campaign has raised \$100 million in funds since its implementation.

However, in 2006 the UNICEF collection box program was stopped because of safety concerns.

"I do think there were concerns over students carrying money at night," said Scott Podrebarac, system adminis-

trator for early learning for the Waterloo Region District School Board.

However, the main reason for the change was simple.

"By evolving the process, UNICEF is able to extend the campaign from one day to an entire month of fundraising which provides the opportunity to raise more funds for children who rely on us most," said Larkin.

The new month-long campaign is now called Make October Count for Kids; which gives schools, communities and organizations a chance to help children on the verge of death.

The organization has always done the best job they can to try and give children a greater chance of survival.

"UNICEF prevents child deaths by developing and implementing high-impact, simple and affordable solutions," said Larkin. "For example, we are the leading global provider of disease-preventing bed nets and vac-

cines. The vaccines UNICEF provide reach more than half of the world's children, saving millions of lives."

UNICEF has been teaming up with others in an attempt to further their worldwide impact.

"With our global reach, the impact of UNICEF is enormous. We are undaunted by war, disaster, disease or situations that are very complex. But we also work closely with local partners at the grassroots and community and government levels, knowing that collaboration is key in changing the world for children," said Larkin.

While Halloween is the only holiday where its tradition encourages having frightening decorations, creative costumes and pillow cases full of candy, UNICEF deals with the harsh reality of dying children and does its job year-round to help worldwide child survival rates.

For information on how to donate, go to www.unicef.ca

Get prepared for your job search

Workshop covers resume writing, networking and the interview

By **ASHLEY IDLE**

Pull out you agendas, Conestoga students! There's a new workshop coming to town to help you with your job searching woes.

On Nov. 8, Conestoga College will be holding its job search, networking and job interview workshop to help students find and get those employment opportunities that they need.

"The resume and cover letter workshops are important if students apply for a part-time or a full-time job opportunity ... If they're looking toward graduation, it is important to have a good, polished resume and cover letter," said Sara Free, an employment adviser at Conestoga College.

An employment adviser will be running the workshop, talking to students about how to approach potential employers, build connections, network and how to approach the questioning style used in the interview process.

"Because of emailing and

texting and things of that sort, we're less inclined to have face-to-face meetings," said Free.

The skills learned at the workshop will allow students to go into interviews with more confidence in how they will handle personal interaction.

The workshop will also go over the importance of networking, how to start building networks and the informational interview.

"I don't think that students understand the importance of informational interviews," said Al Harder, career and employment adviser for aboriginal students at Conestoga College.

He emphasized the importance of talking to people in the field and how it is a great opportunity to both learn and build connections.

The employment advisers think that this workshop is extremely important and everyone should attend.

You can register for it through the student portal by going to services and clicking on the "My Career" tab.

Random Act Of KXndness Day®

Friday November 12



Reach out to another person through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and 'pay it forward' when performing a good deed!

To receive a kind act and for suggestions on how to 'pay it forward', check out...

Student Life Centre, Door 4 and Door 6 at Doon Campus!

A/B Corridor at Waterloo Campus!

A Corridor at Guelph Campus!



A picture's worth a thousand words

Disturbing images of Williams has public up in arms

BY KATHRYN SCHNARR

The disturbing acts of Russell Williams have dominated the media since the story first broke. Hundreds of graphic details regarding the exploits of the now former military commander have been released to the public and disturbing photographs of the 47-year-old man in women's and girls' underwear have also surfaced.

The publication of these photos, and the troubling details behind them, has led to a great deal of controversy.

We believe that these photos are completely necessary, as they paint a visual portrait of how disturbed and sick-minded this man truly is. However, newspapers across Canada have been inundated with letters to the editor questioning the appropriateness of publishing these images. These letters were sent despite newspapers explaining in articles why they ran the photographs on their front page and on inside pages. The editors at these newspapers believe it was the right thing to do, as these photos help portray this monumental story.

CBC News recently posted a poll on their website, www.cbc.ca. It asked the public if media coverage regarding Williams was too sensational. Out of the 624 people who voted, 41 per cent said it was too graphic, while 53 per cent said that it was not.

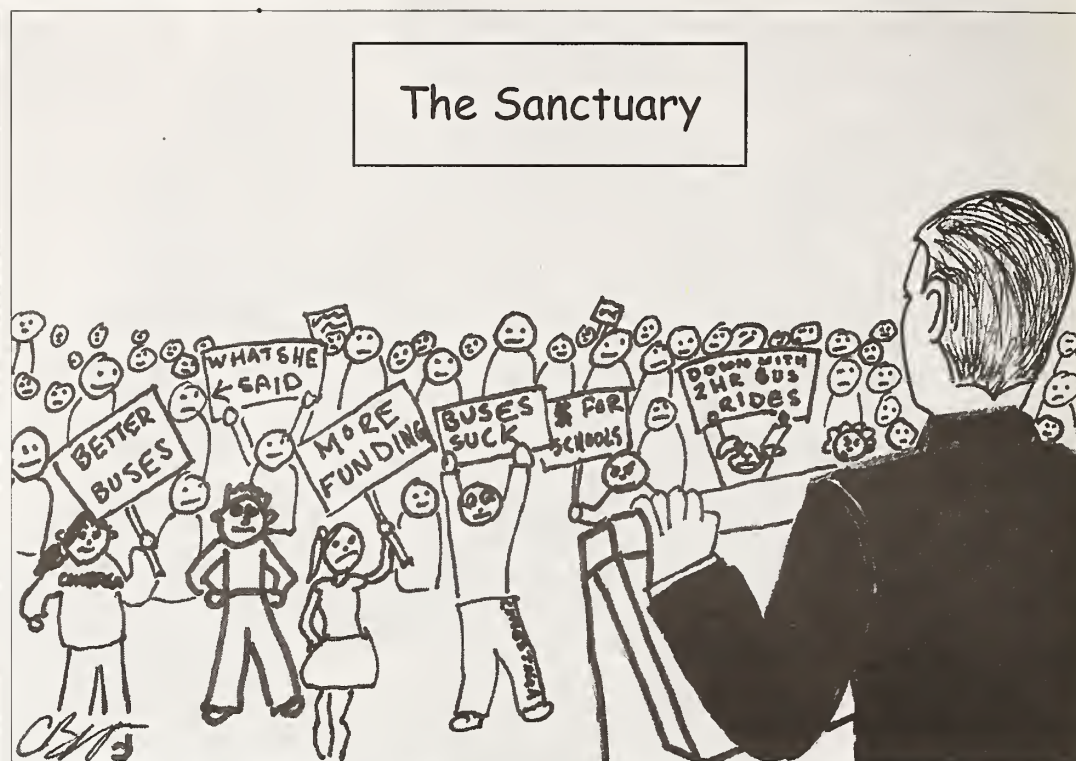
There is no doubt that the details connected to this story are extremely explicit and graphic, so much so that they, at times, almost seem unbelievable. But it happened, in Canada, in Ontario. We believe that the photos drove home the point that this story was real, showing exactly how twisted this man is. There is only so much you can describe via text and in this case, we think that a picture really was worth a thousand words.

Although the coverage raises a number of ethical issues, telling this story provided a sense of justice to the victims of Williams. It is also important to remind the Canadian public that these monsters do reside in our neighbourhoods, and we must be ever vigilant.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Students' voices must be heard at the Waterloo Region focus group Nov. 10.

Put down that cigarette, stud

Everyone knows that smoking kills. So why are 20 per cent of Canadian teens knowingly smoking themselves to death?

When I see someone middle-aged pulling out a pack of du Maurier, I can understand that for them, smoking has become their lifestyle. They've probably been smoking since they were a teen, when the bad effects of lighting up weren't anywhere near as well-known as they are today.

It's when I see someone who has just turned 19 at the counter of the convenience store buying cigarettes that I want to yell, "Are you stupid?"

Why anyone would start smoking in this day and age, with the knowledge and awareness of what cigarettes do, is beyond me. How can you disrespect yourself so much that you would want to make the choice to start poisoning yourself every day?

I'm sure some of you think you look pretty cool shivering outside while you inhale over 4,000 harmful chemicals into your lungs. I'm not going to



Emily Gerrett
Opinion

pretend I don't drool over Danny Zuko in his leather jacket, puffing on a cigarette in Grease. But this is not the 1950s, and you are not a T-bird.

Social smoking can easily lead to addiction, especially for college kids who drink every other night.

I'm sure some of you reading this are thinking, hey, I'm not a smoker, I only smoke when I drink. Sure it's nice being able to join a circle of friends outside, and there is the bonding you feel sharing a cigarette with someone. But social smoking can easily

lead to addiction, especially for college kids who drink every other night.

If knowing you are increasing your chances of serious health risks in the future won't stop you, consider the immediate negative effects; people wrinkling their noses from the smoke stench wafting off of you when you enter a room, a nasty cough that causes people to avoid you because they think you're sick, and a big yellow smile.

What is the point in showering, deodorizing, brushing your teeth and picking out clean clothes, only to smoke a cigarette and completely ruin your game? No one wants to make out with an ashtray.

Usually people take care of the things they use every day, such as their car or their Blackberry. You use your lungs every second of every day, yet you permanently damage them when you smoke.

If you want to make the smart choice and quit smoking, visit the Canadian Lung Association's website at www.lung.ca for tips, or see your family doctor.

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Plan for urban sprawl

It's obvious that our cities are in a stage of rebirth.

But in amongst the renewal of Kitchener's downtown core, Victorian homes ripped down to make way for million-dollar condos in Waterloo and mega-malls clawing at the city boundary lines, I have to wonder: are we moving too quickly?

Take Ira Needles Boulevard: the street that gets a lot of attention because of its infamous roundabouts. The boulevard stretches along the west side from the edge of Kitchener to the end of Waterloo. Before it officially opened on Dec. 6, 2007, it was just another back road to the city dump.

But it's not the roundabouts that I have a problem with.

The street is now covered with development, just one of which includes "The Boardwalk" shopping centre. With over a million square feet of big box stores, office space and parking, it will soon be the largest commercial centre in K-W. And this is only one of the projects along the formerly rural street.

All this, and just one lane of traffic? Knowing that the businesses would soon be erected, I can't see how the developers gapped out on this.



Lisa
Olsen
Opinion

The street is already backed up on a typical day, without excessive shopping centres. I can only imagine what it will be like when Wal-Mart and Empire Theatre open this month.

The developers of the mammoth mall have tried to curb this issue by including a bus terminal in the blueprints. Good attempt, but really, how many of us go to big box stores by public transit?

The truth is that these malls are designed around cars. And with space allotted for over 4,000 parking spaces, it's obvious that the developers know this too.

The cookie-cutter style of these malls is not one that I'm a fan of; they rent space to the box stores that are now part of every city; stores that shove out a city's individuality and heritage, and force the Ma and Pa shops to close.

But if this type of urban sprawl is inevitable, at least plan for it.

LETTER TO THE EDITOR

Comedy skit not funny

I wanted to share my concern regarding an article that appeared in the Oct. 11 issue of Spoke.

The article provided a positive review to a comedy act hosted by Conestoga Students Inc. in the Sanctuary. The news story opened with a shocking "joke" related to the domestic abuse of a well-known pop star. I found myself feeling conflicted when I continued to read further into the article. I felt confused on whether I was more shocked that a comedian would choose to find humour over a violent act of abuse against a female — or more so — that a newspaper would choose to publish the "joke" and continue to praise the comedian for the act.

The reality in Canada today is that 51 per cent of women have experienced at least one incident of physical or sexual violence since the age of 16. This is a staggering statistic, but let's bring this reality closer to home.

This tells us that 51 per cent of women in that comedian's audience will experience an incident of physical or sexual violence at some point in their lifetime — that is, if they haven't already. The statistics can be just as stagger-

ing when we focus on the amount of assaults that happen among the demographic of college-age females. A U.S. study shared that the highest rate of intimate partner violence is among women ages 16-24. Approximately 32 per cent of college students are victims of domestic violence.

I encourage our community to consider what it means when we choose to laugh at a joke — or tell the joke ourselves — when there is such a dark, stark reality behind the comment. The comedians did not end there, choosing to share other racist, homophobic and sexist "jokes" that can easily be interpreted as offensive, inappropriate and degrading. I know I wasn't the only person who walked out from one of the comedian acts.

I like to think of myself as a humorous individual — I can easily take a joke, if I'm not the one who is dishing it out already. I do feel, however, that we as a community need to consider how a joke can alienate, demean, exclude or insult another — and how laughing at the joke can be just as offensive as telling it.

Or publishing it, for that matter.

Ryan Connell

HELPED NEEDED FOR OUR FURRY FRIENDS



PHOTO BY EMILY GERRETT

Stray kittens lounge outside the barns near RIM Park. As winter comes, adoptions and donations are desperately needed by the Kitchener-Waterloo Humane Society. To help the animals in need in the area, call 519-745-5615.

COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- Talk of — escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;
- Feelings of — desperation, hopelessness, disconnection from family and friends;
- Situation — relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;
- Physical Changes — lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;
- Behaviours — alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in **Counselling Services, Room 1A101.**

In case of an emergency after hours, please contact the Mobile Crisis Team @ 1-866-366-4566 (toll free).

Math drop-in service new at Learning Commons

By JONATHAN CHARLES

Struggling in a certain course? Don't hesitate to seek help if you think you need it. At Conestoga College, the Learning Commons department is there to help students who are having a hard time keeping up.

The Learning Commons staff offer peer tutoring, math and computer help, peer conversation partners, groups

and workshops, learning help and writing help.

"I was a math tutor last year," said Jamie Anderson, a computer programming graduate. "It's good that students here are able to find someone to sit down and help them with something they're having trouble with. It also doesn't cost much for the student."

Some students struggling in a subject are sometimes

afraid of asking for help. At the Learning Commons, they want to help you achieve success. There's no need to feel nervous or embarrassed when seeking a tutor, help with your writing, a study group etc.

"Students looking for assistance should not hesitate to seek help from the Learning Commons," said Amy Gilners, Peer Services officer. "We offer a variety of different

services, either free of charge or for a very low cost. The staff, volunteers, and peer tutors are all very friendly and eager to help."

The Learning Commons department is also now offering a math drop-in service in the new Math Centre located inside Learning Commons. Tutors are available to assist with homework questions and math concepts on a daily basis. The math drop-in

schedule is available on the Conestoga College website. The service is free for students.

Learning Commons on the Doon campus is located at 2A103 (across from Tim Hortons). To make an appointment, drop by or call 519-748-5220, ext. 2308. Detailed information is available on the college website, www.conestogac.on.ca/learningcommons.



Region of Waterloo

Strategic Plan 2011-2014

Innovative and Strategic Thinking

Have your say!

Students are an important part of Waterloo Region, so we want to hear from you to help us shape our future direction!

The Region of Waterloo (regional government) is setting priorities for the next several years as part of their strategic planning process. In order to ensure that the strategic plan reflects the most pressing priorities of our community we are seeking your input to help guide and inform the directions of the new Strategic Plan.

What do you like about living in Waterloo Region? What needs to be changed?

Three sessions will be held on Wednesday, November 10, 2010 with post secondary students and they will take place at the following locations and times:

1. University of Waterloo - 10:00 - 12:00 – Multipurpose Room Student Life Centre (Session is full)
2. Wilfrid Laurier University – 1:30 – 3:30 – Student Union Board Room in the Fred Nichols Campus Centre
3. Conestoga College – 5:00 – 7:00 – Main Building – Door #4 - CSI Sanctuary

To RSVP

Space is limited so please RSVP to one of the sessions by November 3, 2010 by going to:

<http://www.zoomerang.com/Survey/WEB22B9ZGPFSSVR>

Should you have any questions please contact Lorie Fioze at: 519 - 575 - 4758 or lorie@region.waterloo.on.ca.

For background documents visit our website at: www.region.waterloo.on.ca



Bloom restaurant reopens

By JESSICA-LYNN TABAK

Roasted fall harvest vegetable salad with Dijon dressing and mariposa dairy goat cheese. If this sounds appealing to you, I know the place to fulfill your taste buds.

Conestoga's bloom restaurant, formerly known as the Conestoga Room, reopened for business on Oct. 12.

Located at the Waterloo campus, it is operated by hospitality and culinary students.

Bloom offers an exquisite, weekly menu made by Conestoga's aspiring chefs. The restaurant is open for lunch service Tuesdays to Fridays and dinner service Mondays and Tuesdays.

Prices are reasonable for the quality of food you are served.

PRICES

Lunch

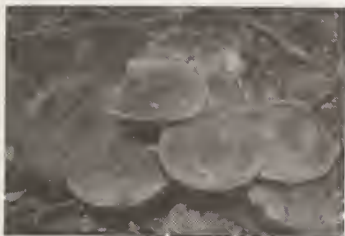
Three courses \$14
Four courses \$17

Dinner

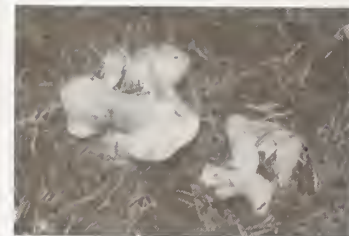
Three courses \$17
Four courses \$21

Winemakers, winery representatives and sommeliers from the Niagara Region will be featured at bloom for the week of Nov. 8 to 12. A different winery will be featured every lunch and dinner and a representative from the winery will speak about the wines after each course is served.

If you are willing to put down your Kraft Dinner box for one night to experience the intricate skills of your school's hospitality and culinary students, book a reservation online at www.conestogac.on.ca/diningmenu. Bloom is not a walk-in restaurant, so all visits must be reserved through their online reservation system. Bon appétit!



Mushroom picking can be a great hobby but you must be cautious. There are many poisonous varieties that can be mistaken for edible ones.



Story and photos by
Thomas Parent

In the hunt

It's the season for an eclectic hobby

Hold onto your caps people, it's mushroom season! At this time of year while the weather is still mild and rain is aplenty, mushrooms of all different varieties are budding in forests, bogs and any dark, moist area they can find. Ontario has a wide variety of mushrooms, edible and poisonous, which makes it a perfect destination for mushroom hunters. Yes, there are people who consider themselves mushroom hunters.

In some Slavic countries, identifying mushrooms is passed down from generation to generation, which is key when it comes to mushroom hunting and gathering. There are many strands of poisonous mushrooms that strike a remarkable resemblance to edible ones. This is why mushroom

hunting must be done with the utmost caution and scrutiny. Some mushrooms, although not deadly, can cause permanent and severe organ damage, so investing in a mushroom field guide before venturing into the woods is recommended.

From shitake to portobello, from morechella to chanterelle, there is a plethora of wild edible mushrooms growing right in your own backyard, if not your neighbours'.

"It's a great hobby that costs very little but takes a lot of time and practice," said Morgan Newington, a local mushroom hunter. "Last summer I helped a woman in Victoria, B.C. collect chanterelles from an unknown hillside. She would blindfold me then drive me off-road to this area covered

in wild chanterelles. She made about \$10,000 in one year selling them to markets. If it weren't for the blindfold, I'd be picking them for myself!"

Seasoned mushroom hunters take their hobby a little more seriously than others, especially when you can make a good buck off such a rare, edible strand such as chanterelles. Truffles are another well-known yet expensive fungus because only pigs can find them, so once dug up, the pig-handler must wrestle with the pig before it eats it. Fun.

But rarely does mushroom hunting imply blindfolds or pig-wrestling. All you need is a good pair of hiking boots, a mushroom field guide and a sense of adventure. And if it takes you awhile before you find your first edi-

ble mushroom strand, don't fret. Take pictures and keep a notebook of mushrooms you find as documenting them is just as important as collecting them.

Mushrooms are very delicate and individualistic when it comes to growth so a certain type of mushroom that has never grown in a certain area might just start this season due to changes in nitrogen levels in the soil or the death of a fallen tree.

But if the whole idea of mushroom hunting does not appeal to you, oh well. There are hundreds of different edible varieties at local markets and grocery stores that you can cook in hundreds of different ways from sautéing to parbroiling.

Two words. Portobello burger.

Conestoga supports United Way

Check out all of these awesome fundraisers in the Student Life Centre each day.

MON

Conestoga Gamers Fundraiser
Show support to our CSI Gamers Club!

11am - 1pm

Hosted by
Conestoga
Gamers Club

TUES

Human Ring Toss
Toss a hula hoop and have a chance to win some great stuff!

11am - 1pm

Hosted by
United Way Student
Committee

WED

You Are The Way!
Mini Putt, Minute to Win it, and More!

12pm - 1pm

Hosted by
Human Services
Foundations Program

THURS

Hampsters for Humanity
Race hampsters and play some other 'furry' games!

12pm - 1pm

Hosted by
Human Services
Foundations Program

FRI


Jersey Shore
GTL! Come play some fun games all within a fun Jersey Shore theme!

12pm - 1pm

Hosted by
Human Services
Foundations Program

NOVEMBER

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**CONESTOGA
STUDENTS INC**

ELS students learn local Canadian history

By LAURA BENNETT

When you feel stressed about your homework, be thankful that you are learning in your first language. Some students at Conestoga College are learning in their second language, and for this we should give them credit.

Students in the English language studies program at the college do not graduate with a diploma, but rather with academic preparedness for college or university. When the students are finished their studies they are ready to enter into a regular program, said Suji Beckett, an ELS teacher.

On Oct. 6 the level two Canadian perspectives class visited the Doon Heritage Crossroads Museum in Kitchener.

"I learned a lot because I don't know what it is like in the past for this country," said Vanessa Garcia, an ELS student from Columbia. "I understand Kitchener better because at the museum they explained how people lived in the past as well as today."

"We do a unit on what Canadians do in their work life and their leisure life," said Beckett. "We went to the museum because some Canadians like to do that on their leisure time, but also it overlaps with the history part of the course."

The main purpose of the trip



PHOTO BY LAURA BENNETT

ELS students show off the posters they made of the Doon Heritage Crossroads Museum on Oct. 13. The students are, back row from left, Allice Wang, Herminia Sura Funes, Angelica Samur, My Phan, Kai Luo, Diana Sanchez, Vanessa Garcia, Hussein Abdalla, Harpeet Chahil, William Chen and front, from left, Shuqin Huang and Alba Sanchez.

was for the students to practise their presentation skills.

"We want to teach the students to gather information, work together as a group and speak in front of a crowd," said Beckett. The students had to make posters and present them in class.

The course also teaches the

students history, geography, civics and current events.

All international students and landed immigrants are tested before entering in the ELS program at Conestoga. That determines which of the four levels they will go into.

"Level one students are writing basic sentences and some

may have to learn the alphabet first," said Beckett. "Level four students have advanced to writing a five-paragraph essay and research paper."

The level two class presented their posters with only some difficulty.

"For us it is really interesting, because when I see the different equipment, I real-

ize how hard life was," said Garcia.

"I was surprised that some houses had 17 family members and six bedrooms," said another student.

The students in the class compared life in Canada, both in the past and present, to the lifestyle in their home countries.

BIRDS OF A FEATHER DON'T ALWAYS FLOCK TOGETHER



PHOTO BY ROBERT CONTE

A swan peeks curiously over the docks of Waterloo Park. Unfortunately for him, winter too is rearing its ugly head. This week should be sunny with a high of 8 C and a low of 0 C.



PHOTO BY SARA BUSSE

The blue jay's feathers are not actually blue. The colour is the result of the unique inner structure of the feathers which distort the reflection of the light off the bird making it look blue.

Looking fabulous for fall

By **VICTORIA SPRACKLIN**

Every season, the models stomp it out on the runway and millions lust after the garments on parade. This time around the biggest trends are anything military or '50s-inspired. Don't fret, you won't have to empty your wallets to achieve these looks. These styles can be found just about anywhere, for any budget.

To stay warm, everyone needs a fall coat. The military jacket is a classic style, that truly takes on this year's trend. Brass buttons, cargo pockets and braiding details are key. If you want to incorporate this into your wardrobe without breaking the bank, Wal-Mart has released a line of clothing by Miley Cyrus & Max Azria. Not only do you get great style under a well-known name, but you'll save enough for groceries too. They offer the military coat in, you guessed it, army green, for only \$24.

Cargo pants are another easy way to achieve this look. Earthy tones such as olive, beige, grey and even black are popular colours for the stylish pant, and many stores have

their own interpretations.

No outfit would be complete without shoes. Several stores are picking up on this trend with combat-style boots. Sirens offers a variety of styles for under \$30. Look for details such as laces and hardware so you can march on looking fierce.

For those who wish to be a '50s femme, there are several different options. The classic circle skirt looks amazing on all body types and can be found in a variety of colours and patterns. You can also try a dress with this type of skirt. To top it all off, kitten heels are a great way to sport heels with more practicality. Try them in a sassy animal print, such as leopard.

To truly capture the essence of this decade, try a vintage or used clothing store. You'll pinch pennies and have a one-of-a-kind outfit.

If you want to look trendy without looking like a cadet or a vintage vixen, there are other ways. Look for other colours such as forest green, purple and red to add to your closet. This can be in the form of sweaters, dresses, jackets and just about anything your heart desires. Luxurious fab-



PHOTO BY VICTORIA SPRACKLIN

One of the pieces from the Miley Cyrus & Max Azria Collection.

rics such as velvet and lace are sweet additions to any outfit, and are seen time and time again on fall runways.

Top off your outerwear with fur or leather (faux is friendly). They're a classic recurring fall trend that won't fade out anytime soon, and will last you at least another season.

Now with these tips you can find your style this season. You can look just as good as the top name designers, and smile knowing you saved enough for next semester's textbooks.



INTERNET PHOTO

A model parades an outfit from the Burberry Prorsum fall/winter 2010 collection. The military look is one of the most popular trends in fashion this season, and can be achieved at any budget.

This singer can't sing

By **GERALD UPTON**

It looks great. It sounds professional. It's impeccably produced. I just don't like it.

Painting With Tides is a new release by Kim Wempe. Wempe is a folk rock singer-songwriter from Nova Scotia and this is her second release. The first was titled *The Last Version*.

Painting With Tides is packaged in a multi-fold-out cardboard cover complete with a song lyrics booklet that slides out of a handy sleeve at one end. The graphics of bright yellow wheat as wave action on this extensive cover are artistic, imaginative, attractive and interesting, a pretty package.

The instrumentation is varied and excellent. Fifteen different musicians use various guitars and percussion instruments, violin, mandolin, banjo and organ. All the instrumental work is crisp and clear, with no distortion, accidental or intentional.

The harmonic singing is mostly done by Carmel Mikol. Her work adds to the overall value of the performance.

My main problem with the album is the core of the whole



thing, the singer-songwriter, Kim Wempe. As far as I am concerned she can't sing and she can't write.

It sounds as if she is an excellent performer. She has good and varied vocal control. She obviously isn't afraid to get up on a stage and sing her heart out.

The problem for me is she doesn't have a true sense of tonality. She can't hit the notes. This grates on my ears, and I can't even claim to have perfect pitch.

Of course, the same problem never hurt Frank Sinatra's popularity, so maybe I'm just being picky.

As far as the melodies of her songs are concerned, I found nothing particularly memorable or attractive among them.

When it comes to lyrics, apparently she thinks she is a poet. Her lyrics make no sense as prose, so they must be considered poetry.

Some of her lyrics are quite poetic, generating interesting mental images. "Painting with the tides of my life," is one of the best. Unfortunately, she'll often follow that with something that makes no sense but sounds like something a kid would say. Alternately, the follow-up line is something that's trying to add to an image that was perfect as it was. In the same song she says, "I've still got my heart hanging on that shelf. And I know that someday I'll take it down." This sounds like something stale out of '50s country and western. I find this jarring and it ruins that image and the atmosphere. The lyrics to me are somewhat like a kid doing fingerpainting and thinking it's high art.

I am sad to see that so much backup talent and production effort has been wasted in support of what I can best describe as a mediocre performer. Is this a poor manifestation of the music industry's continuing infatuation with female singer/songwriters?

I am an eclectic soul. I enjoy almost any kind of music, as long as it is good. This, however, is one album that will not remain in my collection.

Dear Miley Cyrus, it's been done before

By **ROBERT CONTE**

Parents and prudes alike are raising their pitchforks in protest of Miley Cyrus and her new video, *Who Owns My Heart?* The video features the former Hannah Montana rolling around on her bed with a mask, singing from her bathtub and a bit of racy dance club action.

As much as everyone would like to delay the painful process of growing up, it's going to happen eventually. Though some feel Cyrus, 17, is a little young to be seen acting in this way, she is reaching young adulthood. Frankly, it's surprising this video even raised an eyebrow. After Madonna, Christina Aguilera, Britney Spears, Lindsay Lohan and the Olsen twins, should anyone really be surprised anymore? Compared to the above, Cyrus's video is relatively tame. No Janet Jackson-style "wardrobe malfunctions" and Madonna and Britney don't make out, it's just Cyrus rolling around on her bed a bit and dancing at a club.

Pop stars seem to love pushing the boundaries of decency, as for Cyrus and her new

video, it's tame by comparison.

The move to a more provocative persona is not only a natural move for Cyrus as she reaches adulthood, it just makes business sense. If she broadens her market, she makes more money. If she creates controversy, people watch her video. Once again, this is nothing new for a pop star.

While it can be argued this sets a bad example for a young audience, one can't expect a star to pander to the same market forever. The hullabaloo really comes down to an audience that fell in love with the sweet Hannah Montana now having to sit through the teenage Miley Cyrus creating a provocative new image.

Her new video, *Who Owns My Heart?*, is not that deprave when compared to the pop stars of the recent past. Viewers aren't really shocked by Miley Cyrus rolling around on her bed; they're shocked by their beloved Hannah Montana partying like a real life pop star. As for the young fans of Hannah Montana, they should stick to the Disney Channel, not MTV.



PHOTO BY JESSICA-LYNN TABAK

Alvin Li, a sales associate at his family's business, Goodview Fashion, displays jewelry and accessories at his booth which was set up at Doon campus in front of Tim Hortons on Oct. 21.

BAUBLES, BEASTS AND BOOKS

ON AND OFF CAMPUS

Right: Conestoga students find the LRC a great place to prepare for their upcoming mid-terms. Students can visit one of the two quiet study rooms if they wish to study in peace.

PHOTO BY KATHRYN SCHNARR



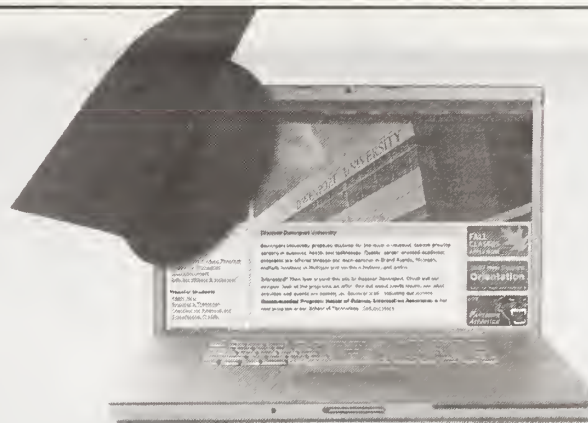
Left: Cute, cuddly animals were on display during this year's Fleece Festival in Woodstock, Ont., on Oct. 23. They were there to remind people where the festival's products come from. Despite it being a rainy day, this second annual festival drew more than 1,000 visitors.

PHOTO BY NATHAN RIENSTRA

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HOROSCOPE

Week of November 1, 2010



Aries

March 21 -
April 19

This is going to be a week filled with action. You will find yourself locked in life or death battle with Alan Rickman.



Libra

September 23 -
October 22

You will be sent to the New York prison complex to rescue the president, who crashed his plane carrying the nuclear suitcase.



Taurus

April 20 - May 20

You are going to be the goofy comedy relief in this week's buddy cop movie. Develop a love for doughnuts, and bad driving.



Scorpio

October 23 -
November 21

You will find yourself reprogrammed and sent back in time to be the protector of an obnoxious teen in the early '90s. I'm so sorry.



Gemini

May 21 - June 21

You will single-handedly save the Nakatomi Plaza. Well, sort of. The building is going to explode and the owner dies, but you kill all the bad guys!



Sagittarius

November 22 -
December 21

As usual, you will buck the trend and find yourself trapped in the musical version of The Producers, helping to finance a certain untenable musical play.



Cancer

June 22 - July 22

Save gas this week. Gas is going to be very important in the post-apocalyptic Australian wilderness, and you need it to fight ravaging gangs.



Capricorn

December 22 -
January 19

You will be tasked with fighting duels with a number of immortals, with the goal of being the only one left. Wear rubber shoes.



Leo

July 23 - August
22

You are going to be followed by a giant killing machine that looks oddly like a young Arnold Schwarzenegger. Run!



Aquarius

January 20 -
February 18

You and your crazy-eyed partner will fight against a group of South African diplomats who are using their positions to smuggle diamonds.



Virgo

August 23 -
September 22

I'm sorry, Virgo, but this week is going to be a very Steven Seagal week for you. Practise your roundhouse kicks and low, raspy voice.



Pisces

February 19 -
March 20

You will be rebuilt as an bionic soldier and will have to fight Dolph Lundgren. Good luck, but I wouldn't put a lot of money on your chances.



Paul Irvine carefully examines the stars and then ignores them for your amusement.



PHOTOS BY ERIN FARRAR

John Dunsworth, left, and Patrick Roach bring trailer trash to the stage during their performance as Jim Lahey and Randy from the show Trailer Park Boys on Oct. 20.

Trailer park crashes Conestoga

By ERIN FARRAR

Patrick Roach and John Dunsworth brought the trailer park to Conestoga on Oct. 20. The two rolled in as their characters Jim Lahey, trailer park manager, and Randy, Lahey's right-hand man, from the show Trailer Park Boys.

The Sanctuary was jam-packed with students waiting to see two of their favourite characters from the widely popular show. Conestoga Students Inc. had to stop letting people in once the Sanctuary filled to capacity.

"This was the busiest I've seen the Sanctuary in years," said CSI staff member Becky Saba. "We were at capacity

before the show even started." She also bartended the event and added that many students were happy that the bar was open.

Prior to the show there was a table set up on the stage that held an array of different props. They were used during the performance by Roach and Dunsworth to turn ordinary items into naughty paraphernalia which were then advertised to the audience. Some of the items included flavoured puff-balls, which are used to eliminate bad fart smell and a type of underwear that makes it convenient for women to stand while urinating.

"I thought it was hilarious,"

said police foundations student Kirk Bowman. "I've seen every single episode so I wouldn't miss it."

Roach and Dunsworth entertained the crowd, keeping them involved by testing out their creative props on students.

People lucky enough to be in the front row were offered a taste from a magical funnel that pours out whatever you ask it to.

"I loved it," said business management student Nicole Donaldson. "It's nice because it's so private." She mentioned she liked the fact that there was enough room to take pictures and, of course, that the show was free.





PHOTO BY CASSANDRA BOURGEOIS

KW Glee, run by Steve Lehmann, Amanda Kind and Sarrah Scott, practise the choreography on Oct. 23, for Rhythm Nation, the song that launched Janet Jackson's career in 1989. The show choir will perform at the Waterloo Mennonite Brethren Church on Dec. 5.

KITCHENER'S OWN GLEE CLUB

By CASSANDRA BOURGEOIS

Fans of the show Glee can get a taste of the real thing at KW Glee's upcoming show. The local show choir will be performing twice at the Waterloo Mennonite Brethren Church on Dec. 5 at 2:30 and 7 p.m. Tickets will be \$10 but you better buy them soon. Their last show sold out 700 seats, five weeks in advance. You can buy tickets online at www.ticketscene.ca.

Expect to hear a really good mix of pop, Broadway, rock and gospel at the performance.

"It's as much family friendly as it is top 40," said Amanda Kind, the vocal director. One

song they'll be performing is a nine-part arrangement in Zulu of The Circle of Life from the Lion King.

The main thing you'll experience is tons of energy.

"We demand so much from them, knowing they have all that to give us, and then some," said Kind.

In addition to super-talented vocals, you can expect to hear a top-notch band.

"We spend the money to hire the best guys in Toronto," said Kind. "We want the back track to be great, otherwise it takes away."

KW Glee started up last year after the TV show came out. They do two or three shows a term. The next audi-

tions will be held in January. They are open to anyone between the ages of 14 and 21. To audition, a singer will have to perform a prepared pop song and pass a harmony test.

The show choir is run by the Renaissance School of Arts. Performers find out about auditions mostly through Facebook. People from all the high schools in the area audition, and because of this the club gets the best of the best.

"It's a major, major ego check," said Kind. People who are used to being the best singer in their school choir go to KW Glee and suddenly everyone's their competition.

Rehearsals are every Saturday for 10 weeks, from

9:30 a.m. to 1:30 p.m. During those 10 weeks the choir has four or five rehearsals dedicated to choreography on Monday evenings. The club will bang out a song in about four hours. A rehearsal for KW Glee is so fast-paced that as they switch parts you feel like you're watching a tennis match.

"It's boot camp," said Kind.

Sarrah Scott, the choreographer, has been dancing since she was five, and teaching since she was 17. She's trained in ballet, jazz and tap, but has recently moved toward choreography for people who can't dance.

"There's choreography for dancers and there's choreog-

raphy for non-dancers," said Kind. The vocal director has been trained in opera and musical theatre and has performed jazz in nightclubs. Eventually she realized her passion is in pop music.

"You can't really go to Mariah Carey school," said Steve Lehmann, the owner of the Renaissance School of Arts, and the guy who arranges music for KW Glee. He did a composition degree at Laurier and writes music for movies, video games, film shorts and commercials. He also plays in a band most Fridays and Saturdays.

For more information about KW Glee, visit www.kwglee.com.

Singers rock the Sanctuary!

By BRITTNEY BELANGER

The Sanctuary was buzzing with beats on Oct. 20. The sound of tuning guitars and sound checks were just the precursor to what students would hear in the Sanctuary, during CSI's singer/songwriter competition.

"It was nice to see this offered to students, and to see what kind of talent Conestoga has," said Lisa Disher, a student in the practical nursing program.

Nine contestants participated in the event, performing songs that ranged from comedy to dreary and haunting. Most pieces were performed acoustically. Each artist used a different vocal style in their performance. After the artists had played their songs, students applauded fiercely and awaited the judges' decision.

After the last performance, Taylor Watson, CSI director



PHOTO BY BRITTNEY BELANGER

Students Justine Challidon and Mark Urban perform a duet on stage in the Sanctuary for a singer/songwriter competition

of communication, took the stage to announce the judges' decision. The audience was quiet, in anticipation of who would win the best singer/songwriter title. First place went to Justine Challidon, who received \$100, and second place went to Mark Urban, who was awarded \$50. After accepting their prizes, the two finalists

played a duet for the audience.

"I've been playing for years, just for fun," said contestant Gord Machen Jr., an electrical engineering student. "No matter where you perform, the rushes of being on stage are always fresh. There is nothing that compares to playing on stage and feeling the crowd's excitement."

Kung Fu Madness

By SARA BUSSE

"Everything is kung fu."

This is the premise of the newest Karate Kid, directed by Harald Zwart and starring Jaden Smith as the young Dre and Jackie Chan as Mr. Han.

The movie begins with Dre leaving Detroit for China with his mother where he experiences a major cultural shock. While trying to fit in at his new school he finds himself falling for a girl who also falls for him. Of course, the school bully also has eyes for Dre's newfound love and decides to use his kung fu training on Dre. That's when Dre finds that Mr. Han, the apartment's maintenance man, happens to be a kung fu master. Mr. Han teaches Dre all about the true meaning of kung fu.

While it plays homage to the original 1984 version, with the basis being bad kung fu versus good kung fu, I still find that Mr. Han is no Mr.

Movie Review



Miyagi. Yes, they were both maintenance men who happened to be masters at kung fu and both had a hidden past, but Miyagi (played by Pat Morita) took on the role in a much more dynamic way than that of Chan. Fans of the original are sure to get a bit of a laugh at the "jacket on, jacket off" bit as it plays to the "wax on, wax off."

Overall, it's a good movie, when it's not being compared to the original. It's filled with action and laughs. Jaden Smith takes after his father, Will Smith, with his ability to take on a demanding role.

I give this movie three stars out of a possible five.



PHOTOS BY RYAN YOUNG

Instructor Elliott Vukovic demonstrates proper punching technique to Scott De Gannes while Brandon Wesson looks on during MMA training in the rec centre. The MMA class is at 7 p.m. on Wednesdays in the rec centre multi-purpose room.

Is the next GSP among thee?

By RYAN YOUNG

Ever dreamed of stepping into the octagon with Georges St. Pierre? Think you could wrestle down Brock Lesnar? Throw hands with Rampage Jackson?

Me neither.

If you've ever wanted to try mixed martial arts, now's your chance. There's basic training available to all Conestoga students Wednesday nights in the rec centre.

Elliott Vukovic, a second-year student in the practical nursing program at the Conestoga Guelph campus, teaches the weekly class. Vukovic, 37, has a black belt in tae kwon do and has trained in wrestling and kick-boxing.

"It will be something new," said Vukovic. "You'll never know unless you try."

Alejandra Fuentes-Valdez, a 26-year-old first-year student in the applied health

informatics program, has hit the mat and attended the class.

"I used to take tae kwon do and have always wanted to try MMA (mixed martial arts)," Fuentes-Valdez said.

"I just never had the chance to try it."

Conestoga student Ben Zavits was surprised after attending his first class.

"It's a lot more technique than you'd think," he said.

"It's not just kicking and punching."

Vukovic likes to focus on one aspect of MMA each class in order to simplify things. In one class, for example, students learned

the wrestling technique of sprawling and takedowns.

"We try to keep it basic," said Vukovic. "Train different muscles in different ways. You're going to feel muscles you didn't know you had the next morning."

Mixed martial arts has exploded in North America in recent years, primarily due to the popularity of the Ultimate Fighting Championship. In May the UFC opened its first Canadian office in Toronto to show their commitment to bringing MMA to Ontario. By August the Ontario government announced that MMA will be legalized in the province beginning in 2011 and be regulated by the Ontario Athletic Commission.

Scott De Gannes, 25, saw his first MMA bout during a UFC broadcast at a local bar. The first-year architecture-project and facility management student was looking at the activities board in the rec centre when "MMA Training" caught his eye.

"It was the most interesting thing up there," said De Gannes. "I figured it's free and close by, why not?"

While the UFC has put the sport on the map so to speak, Vukovic has a message for those who fear the sport is too violent.

"There's no blood on our mats," Vukovic said jokingly. "We're all out here for fun."

Class begins at 7 p.m. on Wednesdays in the rec centre multi-purpose room. Students will need appropriate gear (shorts/T-shirt/running shoes), water and a student card and should expect to get a good workout.



Participants in the mixed martial arts training class include Scott De Gannes, Brandon Wesson, Ben Zavits, Alejandra Fuentes-Valdez, Katie Thomas and Grant Ferneyhough. On the far left is the instructor, Elliott Vukovic.



Ben Zavits and Grant Ferneyhough square off before practising wrestling takedowns.



Ferneyhough controls Zavits on the wrestling mat after taking him down.

Star triathlete gives advice to students

By COURTNEY NIXON

Biking down a mountain clocking up to 40 km/h may seem dangerous and crazy to most, but it's just another day for Sean Bechtel.

A six-time national championship medalist and world team member for Canada, Bechtel, 26, has raced at the 2003 Canadian Pan American Games when he was just 19 years of age, and has raced on the ITU World Cup circuit.

Bechtel spoke at the college on Oct. 18 about what it takes to become a world class athlete. As a triathlete, he has won six national medals and four while representing Canada on the world stage.

A triathlon is a multi-sport endurance event consisting of swimming, cycling and running over various distances. Triathletes compete for the fastest overall course completion time, including timed "transitions" between the individual swim, bike and run components.

"I work hard, I don't take anything for granted."

Bechtel grew up in Caledon and started his career off as a swimmer at the age of eight. After realizing he had a passion for cycling, he combined that with his successful swimming career and his cross-country running experience, and made the transition to triathlons following

in the footsteps of Simon Whitfield. He began competing with world-class triathletes at an early age.

"To get to that level it takes a lot of time, work and effort," he said.

Bechtel enjoys racing Olympic and half Ironman distances, which consist of a 1,500-metre swim, 40-km bike ride and 10-km run for the former and two-km swim followed by a 90-km ride and 21-km run in the latter.

Bechtel, who is considered one of the top triathletes in North America, generally trains on average between three and five hours per day, however, seven- to eight-hour training sessions aren't uncommon either.

With the intense workouts 24/7, and the wear and tear on the body, are there days when he wants to just relax?

"There are always going to be days where you are really tired and don't want to do anything, but then there are always days where I would be no place else then outside. Those little things make a huge difference," he said.

A graduate of McMaster University in Hamilton, Bechtel has a huge support group behind him.

"There is always someone else that has something invested in you. My family is so supportive and I was lucky enough to find a girlfriend (pro cyclist Krystal Jeffs) who understands



PHOTO BY COURTNEY NIXON

Sean Bechtel, one of North America's top triathletes, gave advice to Conestoga College students about what it takes to become a world-class athlete on Oct. 18.

everything I go through and do," said Bechtel.

During the 2010 Muskoka Triathlon's long course Bechtel wiped out on his bike, made the front page headlines and still finished third.

"I got up and still finished the race, not the position I wanted, but you can't control everything, you just have to get up and keep going; you can never give up in a race,"

he said.

"Few athletes are as good in all three of the swim-bike-run sports as Sean is," said his coach Barrie Shepley, in a news release.

With a lot of drive, determination and a hint of competitiveness, Bechtel goes into every race with a set goal in mind.

"I go into every race thinking I am going to beat everyone; having the confidence in

yourself is key," he said.

"There are sacrifices that you need to make to reach your goal; if you work hard enough you'll be able to achieve it."

These next two years will be crunch time for Bechtel as he is working toward his life-long dream of competing in the London 2012 Olympic Games.

"Hard work always pays off," he said.

Intramural sports an all-around great experience

By BRANDON REOCH

The intramural sports season is halfway over and many Conestoga students are having a blast so far.

Good turnouts for dodge ball, ice hockey, ball hockey and basketball have kept Conestoga's students active.

Great all-around play and competition for all sports has made for a great season.

"The ice and ball hockey has been so convenient and the competition is really good," said 21-year-old Justin Beyerle, a student in the recreation and leisure services program.

"I love having the option to play any sport just around the corner from my classes."

The convenience of playing sports at school isn't the only reason why students are enjoying yet another year of intramural sports.

The competitive level has been balanced, making it fun for those who have a high skill level and those who are just out to stay active, meet new people and have a great overall time.

"The balance has been great between people who are intense about winning and those who are there to have fun," said 21-year-old Steve Howes, a student in the technology foundations program.

Intramurals can be played by anyone for any reason; social outing, fitness, competition or

perhaps to kill some time. Many play just for the love of the game. Whatever the reason, Conestoga welcomes all students to come out and try a sport or two.

Students have the option of signing up for as many sports as they want just as long as they obey all the rules and

have some clean fun.

"I think us competitive guys take it easy because we know there are some first-timers out here so there's no need to start fights. It's all about sportsmanship," said Jimmy Amorim, a student in the recreation and leisure services program.

If you didn't get around to signing up for this semester's intramurals, don't worry. The winter session will start up again on Jan. 24, and the same sports will be offered.

"If this term's intramurals is the same as next term's I will be joining for sure," said Beyerle.



PHOTO BY BRANDON REOCH

During an intramural ice hockey game at the recreation centre at Conestoga College, a forward tries to make a pass out front to a teammate on Oct. 25.

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